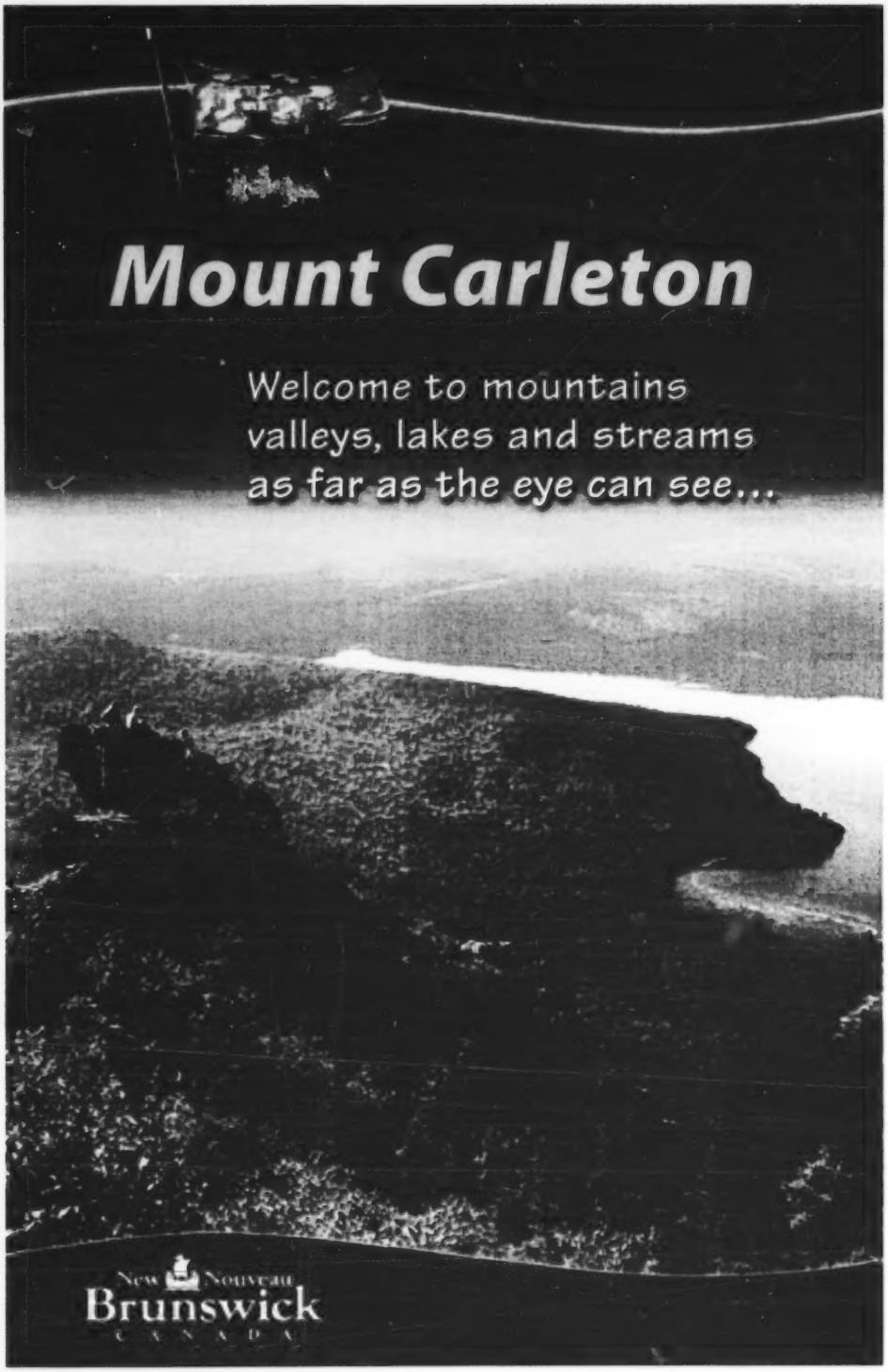

Mount Carleton
Welcome to mountains
valleys, lakes and streams
as far as the eye can see...
New Nouveau
Brunswick
CANADA

106-06609/

We are open from May 15 to Labour day in September, but you are free to explore our Natural Area on your own the rest of the year.

For Further Information

Call us:	(506) 235-0793 (in season) (506) 235-6040 (for reservation)
Fax us:	(506) 235-0795 (in season) (506) 235-6044
Web:	www.gnb.ca/0078/Carleton/index-e.asp
Or write us:	Mount Carleton Natural Resources 11 Gagnon St. Saint-Quentin, NB E8A 1N4
E-mail us:	DNR.Mt.Carleton@gnb.ca

ISBN: 1-55396-185-4
CNR 1760 / 2006

1 Mount Carleton is one of New Brunswick's largest Natural Areas.

A challenging mix of Acadian woods and mountain peaks, Mount Carleton has more than 17,000 hectares of wildlands waiting for today's explorer.

All it takes is time... a wish to unwind... and a bit of imagination...

Enjoy wildlife? Our habitat is home to more species than any other part of the province.

A botanist's eye will also discover a number of rare plants – including Alpine blueberry and Bigelow's sedge on the slopes of Mount Carleton itself.

Except for the mountains and some highly-challenging hiking trails, most of this Natural Area is easily accessed by everyday people.

Our long bold streak of wilderness lakes and rivers bring your paddle within reach of even our most primitive and pristine wildlands.

Each year Mount Carleton welcomes more than 30,000 New Brunswickers and other visitors who seek out its 'wild' experience, its solitude and its close contact with nature.

Here's what you will discover at Mount Carleton:

- a ridge of North America's oldest mountains
- 62 kilometres of terrific hiking
- great biking along forest roadways
- canoeing on three lakes and two rivers
- a choice of five different campgrounds
- more trees and water than you can imagine.....

On a clear day... from the top of the Maritimes' highest mountain...
you can see 10 million trees...

Welcome To The Wild

Carved out of the northern New Brunswick wilderness, Mount Carleton is one of the province's largest Natural Areas – a prime example of the New Brunswick Highlands.

Winters are crisp and cold. Summer days at Mount Carleton can be in the high 20s °C (80s °F).

Mount Carleton is rugged country. Its lakes form the headwater of two major river systems. Although they travel in totally different directions, both end up emptying in the Atlantic Ocean.

The Nictau Lakes feed the west-flowing Tobique River – flowing into the broad St. John River – which flows into the ocean.

The Nepisiguit Lakes form the east-flowing Nepisiguit River – emptying into the Baie des Chaleurs – and on to the Atlantic.

3 Explore Our History

Mount Carleton has a history folding back through thousands of years.

Today it stands at the centre of New Brunswick's ancient Appalachian mountain range. Glaciers have rounded its once jagged volcanic peaks and carved deep valleys into its sandstone and shale bedrock.

Both natives and early explorers used this area as a travel corridor between the Tobique and Nepisiguit rivers.

By the 19th century, the forest had also become familiar territory to loggers, trappers and outfitters.

Local folklore says that during the American Civil War, Union hunters shot moose and cured the hides at the head of Nictau Lake, before sending them to be tanned for military belts and leather accessories.

Long recognized for its beauty and solitude, Mount Carleton has been the focus of many dreams. In 1883, Edward Jack dreamed of it becoming a centennial park to honour the 100th anniversary of the Loyalist landing. But it took almost a hundred years before Mount Carleton finally was protected as a park in 1970.

Today it bears traces of its past.

Loggers moved into its aging spruce and fir forest in the early 1900s.

A common forest plight, the spruce budworm struck the forest from 1918-1920.

Fire swept through part of its landscape in 1923 – and again in 1933 – refreshing and giving the forest a new face.

The mountain from which the site takes its name honours the province's first lieutenant governor, Thomas Carleton (1736-1817).

Discover Our Mountains

Steep slopes. Clouded peaks. Exposed rocks. Dwarf forest. Our Natural Area offers ample opportunity to explore four mountains:

Mount Carleton (820 metres) *the highest peak in the Maritimes*

Mount Head (792 metres) *off the beaten track but worth it!*

Mount Sagamook (777 metres) *our most challenging hike*

Mount Bailey (564 metres) *an easier climb, great view*

Explore Our Habitat

Six major types of habitat can be found at Mount Carleton:

fire-birthed forest

The largest habitat, this covers more than 55 per cent of the entire site. It includes more than 10,000 hectares of white birch and black spruce.

aging evergreen forest

Almost 40 per cent of Mount Carleton is covered in black spruce, balsam fir, and a mix of white spruce and white pine. It is home to deer, moose, bear and other mammals.

marsh, meadow, sedge and bog

This fragile habitat covers about five per cent of Mount Carleton.

outcrop, scree and dwarf trees

Also fragile, this habitat covers about one per cent of the site. (Scree is a slope of stones and rocky debris.)

standing water

A small percentage (approximately 567 hectares) is lakes and ponds.

flowing water

Another small area (283 hectares) is brooks and rivers.

5 Discover Our Wildlife

At least 100 different types of birds and 30 species of mammals live here. Two of these mammals – the Gaspé shrew and the yellow-nosed rock vole – are unique to New Brunswick.

Caribou roamed here until approximately 1930 when they were crowded out by white-tailed deer. Mount Carleton includes approximately a half dozen known deeryards.

Moose are common in the Nepisiguit Lakes region.

Other common mammals include lynx, fisher, marten, porcupine, squirrels and rabbits.

Common bird sightings include goshawks, grouse, owls, woodpeckers, ravens, thrushes, warblers and grosbeaks.

Mount Carleton's waterways only host 13 species of fish due to its relatively cool climate. Species you may find here include: brook trout, Atlantic salmon, white suckers, yellow perch, three-spine stickleback, pearl dace, common shiner, golden shiner, longnose sucker, lake chub, creek chub, slimy sculpin and rainbow smelt.

You may test your skill at catching a trout or salmon from one of our lakes and rivers. However fishing is not allowed in Mount Carleton's streams since these contain valuable fish spawning areas.*

* For seasons and other details, consult the Province of New Brunswick official fishing regulations available at all Natural Resources offices, Service New Brunswick , fish licence depots, or via internet at: **http://www.gnb.ca/0078/fw/index_fw.asp**. Non-residents may purchase fishing licences at any Natural Resources district offices, including Saint-Quentin (11 Gagnon St.) and Plaster Rock (137 Main St.).

Discover Our Recreation Spots

Spending a day at Mount Carleton? Check out these areas:

- *Pine Point* – At the tip of Bathurst Lake, a short nature trail and boat launch.
- *Inlet Brook* – On the shores of Bathurst Lake, a picnic spot, with trail, boardwalk and bridged brook.
- *Armstrong Brook* – Campground, beach and nature trail. Canoe docks are close by.
- *Nictau* – Picnic area, fire ring, barbecue, shelter, swimming and play area.

Discover Our Campgrounds

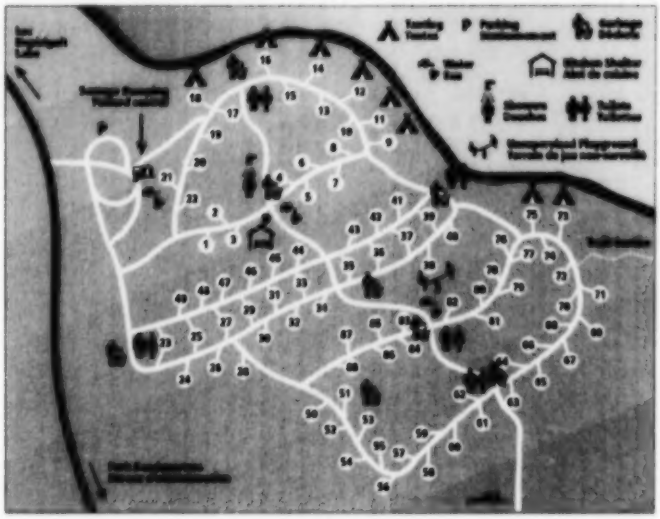
Our five campgrounds each offer a different experience.

Armstrong Brook Campground

The most popular – and busiest – spot, this campground offers:

- 88 natural sites
- a play area
- access to swimming
- a kitchen shelter
- washrooms/shower

Eight sites edging the banks of the brook itself are specifically for tenters.



7 Group Campground

Facilities for group camping events are available near Headquarters from May to October (by reservation only). Alcohol is not permitted. This site includes:

- three circular tent areas (each accommodates 20-25 people)
- a kitchen shelter
- a hand pump (well water)
- vault toilet
- garbage depot

Camping is permitted only at established campsites (no hookups). Checkout time is 1 p.m. Most campgrounds are available on a first-come basis. Reservations are required for non-profit organizations who wish to use the group campground.

And... for the truly adventuresome...

Come Canoeing

Mount Carleton's superb lakes are waiting for your paddle to discover them.

Our rivers and lakes form a long natural chain, making it possible to canoe almost the complete length of Mount Carleton.

Canoeing and row boating are encouraged here. Maps of the Nepisiguit and Tobique rivers are available at the Visitors Centre.

Outboard motors of less than 10 hp are allowed on Big Nictau and Bathurst lakes only.

9 Come Swimming

Take a refreshing dip in one of our lakes. All swimming is unsupervised. Here's where you will find our best swimming holes:

- Nictau Recreation Area (visitors)
- Armstrong Brook (campers)

Come Mountain Biking

Cyclists have an excellent opportunity to observe wildlife while exploring Mount Carleton's roads and old logging routes.

Come With Wheels

Mount Carleton is more than climbing and hiking! Pack a picnic lunch and enjoy a fine summer's day driving a complete circuit of the Nictau Lakes.

Or take an autumn journey driving through a forested valley between Mount Bailey and Mount Carleton.

Remember... this is Natural Area. Our roads are dirt but, for the most part, are passable by car.

In winter, it is not accessible by vehicle. Roads are unplowed and form part of the snowmobile trail system.

Motorized all-terrain vehicles are not permitted in Mount Carleton.

Pull on your hiking boots! Mount Carleton opens a marvelous window of opportunity and allows you to become a modern day explorer.

General Facts

- Public payphones (calling card only) available at Headquarters.
- Wear comfortable clothing and good hiking footwear.
- Bring a windbreaker and/or raincoat.
- Bring binoculars and insect repellant.
- Bring plenty of water and a snack.
- There are no garbage depots along trails.
- Campfires are not allowed on hiking trails.
- Hikers should remain on the path.
- Collecting plant specimens is not permitted.

Be careful. Daylight hours are shorter during spring and fall. Injury could force you to wait many hours before rescue. Always register at the Visitors Centre (Season: May 15 to Labor day in September) before beginning a hike.

11 Trails

Williams Falls

0.3 km - one-way / 5 minutes

This easy walk is wheelchair-accessible. It winds through Acadian forest and connects with William's Brook near a sylvan waterfall. A bridge built above the falls gives a spectacular view.

Pine Point

2 km - return / 1/2 - 1 hour

Follow the shores of Bathurst Lake through a forested peninsula of majestic red pine. You may see the occasional loon or other aquatic birds on the lake. A forest fire in 1933 created this red pine habitat. A few old burned pine trees can still be seen on the west side of the peninsula. Check for charcoal under the thin layer of leaves and needles among the pines.

Mount Carleton

Two main hiking trails meet on top of Mount Carleton. Go up one way and return on a different trail. The panoramic view is worth the climb. Looking north, you see Mount Sagamook and Mount Head; the Nepisiguit Lakes to the east; the Serpentine mountains and Sisson Lake to the southwest; Mount Bailey and its rocky escarpments to the northwest.

Eastern Trail

4.4 km - one way / 1 1/2 hours

This old road used to bring supplies to the ranger's cabin where men found shelter during storms. At 2.8 km, the trail turns left (at the intersection of Big Brook Trail) and becomes rocky. The last 400-metre stretch is abrupt and offers a magnificent view. An old fire tower on the summit was staffed from 1923 - 68.

Western Trail

5.2 km - one way / 2 hours

This trail winds under a forest canopy along Mamozekel Brook. At 4 km, it joins the backcountry campground, Headwaters, near several ponds. A short distance up the main trail, you have the choice of hiking on a rocky ridge or on a forested side path, giving shelter in windy weather.

Mount Head

4.25 km - one way / 3 hours

This is a linear trail connecting the peaks of Mount Sagamook and Mount Carleton. Hikers may enter this trail at the top of either mountain. If you begin at Sagamook, be aware t]hat boulders at this location require careful walking. Stunted trees give the impression of an enchanted forest. This trail intersects with Bald Mountain Brook Trail. Keep walking straight on the main path until you reach a short side trail (1.7 km return) that will take you to the top of Mount Head. The detour is worth it!

Mount Sagamook

6.2 km - return / 2-3 hours

This is probably the most challenging hike. The eastern route (3.7 km) offers great views as you hike down the crest of a rock ridge. A side trail (1 km - return) follows the tree-covered crest of a craggy ridge ending abruptly at a cliff. Be careful, the path is slippery on rainy days. The western route (2.5 km) is more difficult. Near the crest, the trail emerges on a rock outcrop for a spectacular view of the Nictau Lakes. A side trail goes to a western viewpoint (0.6 km return). The main trail continues to Sagamook's peak (777 metres).

Caribou Brook

6 km - one way / 2 hours

This gentle hike connects Sagamook and Dry Brook trails. Caribou Brook, which twists and flows along the trail, is named for the woodland caribou that roamed here until the early 1900s. The path parallels the ancient native portage (now followed by the road) between Nictau and Nepisiguit lakes.

Dry Brook

6 km - one way / 3 hours

This trail begins at Bathurst Lake and heads west through stands of pine, birch, poplar, maple and spruce. The path follows the brook up the valley, giving a view of a number of waterfalls (one of which is 10 metres high). The stream disappears underground in places, earning it the name 'Dry Brook.'

Big Brook

11 km - one way / 4-5 hours

Be prepared. This trail will take you on a long journey! It begins at Bathurst Lake and follows the shore for 2 km. Along the trail, you will discover an old fireplace and other remnants of a log cabin built by Buckley, an early Mount Carleton outfitter. The trail then turns inland and follows old logging roads through impressive forests. It joins Mount Carleton Trail just below the ranger cabin.

13 Mount Bailey

7.5 km - return / 3-4 hours

Begin your hike at the Nictau Recreation Area. This trail is ideal for spotting deer or moose. It's a steady climb through large sugar maple, yellow birch and beech trees. Near the mountain peak, the forest changes abruptly to stunted white birch, pin cherry and mountain ash. A side trail (1.6 km - return) leads to Bailey's peak (564 metres). The main trail leads down to a 30-metre cliff. Be very careful. An alternate sheltered path avoids the escarpments.

Bald Mountain Brook

5.5 km - one way / 3 hours

Start hiking at the Bald Mountain Brook parking lot and head west towards Mount Bailey or east towards Mount Head. Going east, a tumbling brook has worn a route for the trail in the mountainside. Mossy green with lots of waterfalls, this is a steep route. Remain on the trail. Moss and lichens are very fragile. At the bottom of the valley you will find a wide grassy meadow and a small brook. Check for shiny little glands of the insect-eating sundew plant.

Explore Our Special Events

Interested in stargazing? It is a special event that defines summer at Mount Carleton.

Check out any upcoming activities with Visitors Centre staff, (506) 235-0793.

Hours Of Operation

The site opens at 8 a.m. and closes at 8 p.m. during the summer season. From Labor day in September until May 15, gates remain open, and information is available from our Natural Resources office in Saint-Quentin, (506) 235-6040.

How To Find Us

Mount Carleton is located inside the Plaster Rock / Saint-Quentin / Bathurst triangle. Consult the Province of New Brunswick Official Travel Map for complete details. Following are a few ways to reach us.

If you are arriving by vehicle:

from the north

Follow Route 17 from Saint-Léonard or Campbellton. In Saint-Quentin, exit onto Route 180. Turning right on Route 385 will lead you straight to Mount Carleton.

from the east

Follow Route 180 from Bathurst, then take Route 385 into Mount Carleton.

from the south

Exit from the Trans-Canada Highway at Perth-Andover. Follow Route 109 to Plaster Rock, then west on Route 108 until it intersects with Route 385 which leads to Mount Carleton.

Or if you are a long-distance hiker:

Both the International Appalachian Trail and Sentier NB Trail come directly to Mount Carleton.

15 The international trail travels through northern New Brunswick – and Mount Carleton – linking Quebec with Mount Katahdin in Maine. At Katahdin, it joins the Appalachian Trail, a continuous marked footpath that runs south to Springer Mountain in Georgia. Check out **www.internationalat.org**.

Sentier NB Trail is part of the Trans Canada Trail system. For detailed information check **www.sentiernbtrail.com/.**

Remember ...

Mount Carleton is easy to access... but it is remote forest.

The nearest community is 43 km away.

Bring your own food, drinking water... a full gas tank... and comfortable clothing.

And come expecting a great outdoor experience.